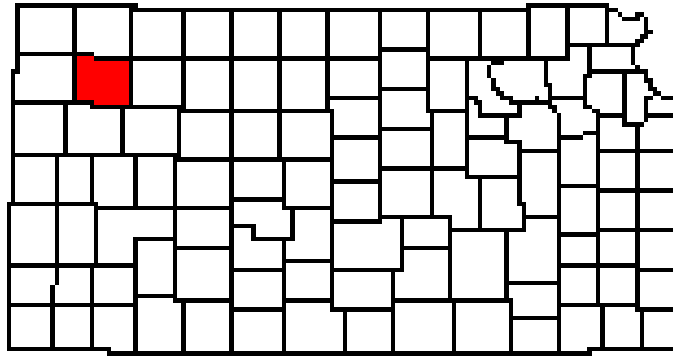


THOMAS



Books:

The following Arthritis Foundation books are available at:

[Pioneer Memorial Library](#)

375 W. 4th Street

Colby, KS 67701

785-462-4470

<http://www.cityofcolby.com/library/>

Good living with Arthritis

Good living with Osteoarthritis

Good living with Rheumatoid Arthritis

Good living with Fibromyalgia

All about Back Pain

Guide to managing your arthritis

Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologists located in **COLORADO** or **NEBRASKA**.

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Aquatic Program classes offered in your county. Please see surrounding counties.

Arthritis Foundation Exercise Program

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Exercise Program classes offered in your county. Please see surrounding counties.

Support Groups:

There are no support groups located in your county. Please see surrounding counties.